

For a safe and enjoyable stay
in **Okinawa**

Safety Guide
for Visitors to
Okinawa



Okinawa Prefecture

Safety in the Sea

You must always be prepared in the sea.
Pay attention to the weather and your physical condition.



Call 118 to report accidents in the sea.

Snorkeling

5 safety points

① It looks easy, but it takes practice

Learn how to use the snorkel, mask and fins.



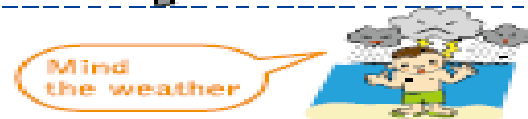
② Floating isn't easy

Wear a life jacket and wetsuit for more buoyancy.



③ The sea is beautiful, but hazardous

Swim in designated areas, check the weather and tides, and don't take risks.



④ You can die in the sea if you're not fit

If you're not in good condition, don't go in. No drinking alcohol. Accidents involving the middle-aged are increasing



⑤ Don't go alone

When you go in the sea, never go alone. Take a break after an hour. You may not make it to shore if you're tired.



Accidents happen

Learn from an expert or a snorkeling instructor.
First, practice in a pool or shallow water where you can stand on your feet.



If you lower your chin, the tip of the snorkel goes under and lets water in.



Blow out hard to clear the water from the snorkel.

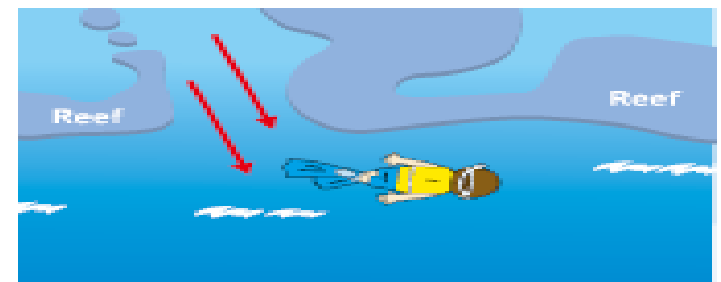


Keep your chin up so the tip of the snorkel stays above the water.

Reef currents

What is a reef current?

It's a strong current that flows out between gaps in a reef. They often occur where a deep channel is formed between coastal reefs.



If you feel yourself being carried out to sea

- 1 Don't swim against the current. Swim parallel to the shore across the current.
- 2 When you get out of the reef current, aim for the nearest land.
- 3 It's best to avoid getting caught in reef currents at all.

Call 118 to report accidents in the sea.



Diving

5 safety points

1 Improve your dive skills

Learn the necessary **diving skills**, and always aim to **improve** them.

Can I swim well?



2 Take care of your health

If you have a **chronic illness**, take **advice from your doctor** first. Leave plenty of time after diving before **getting on a plane**.

Mind your health



3 Don't overdo it

If you aren't in the right physical or mental condition for diving on the day, have the **courage to pass it up**.

Get **plenty of sleep**, **don't drink heavily** the day before, and look after your physical condition.

Sleep well



4 Plan and discuss thoroughly

Besides checking dive time, depth, and gas pressure, thoroughly cover entry and exit methods, precautions at each point, hand signals, **emergency procedures** and so on.

If there's anything you don't understand, **ask the dive staff**.

Check carefully



5 Safe equipment

Using poorly maintained equipment is **very dangerous**.

Keep your equipment in perfect condition to enjoy safe diving.

Inspect regularly



Heatstroke and Ultraviolet Rays

Heatstroke

What is heatstroke?

Heatstroke is the general term for the condition where the balance of water and sodium in the body is lost in a hot environment and your body becomes unable to regulate its temperature. It can lead to death. But it can be prevented easily, and proper first aid can save the lives of heatstroke victims.

Onsite first aid

① Move to a cool place

Move to a cool place with shade and a breeze, or an air-conditioned room.



② Remove clothing and cool off

Loosen clothing and apply ice or cold water to the neck, armpits, and groin to cool the body.



③ Consume fluids and salts

Drink cold water or sports drinks. (However, do not give fluids to a person who is not fully conscious.)



④ Go to hospital

If the person is not fully conscious and can't take fluids by themselves, take them to hospital immediately.

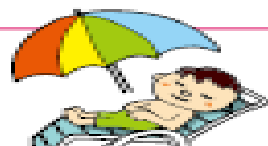


Prevention

○ Take frequent drinks



○ Limit time spent swimming in the sea when the sun is high.



○ Use a hat or parasol



○ When playing sports or other activities that involve sweating, consume plenty of fluids and salts.



○ Be careful when temperature rises rapidly.



○ Stay out of the heat, wear open-necked clothing and so on.



○ Use a fan indoors.



Ultraviolet rays

Okinawa's ultraviolet rays

The ultraviolet rays in Okinawa are stronger than in other regions. Sunburn caused by ultraviolet rays causes fever, blistering and pain. Severe sunburn can require hospitalization. To avoid damaging your health, take precautions against ultraviolet rays.



Take the right precautions against ultraviolet for the time and place

Prevention

- Wear a hat
- Cover up with clothing
- Use sunscreen appropriately
- Make use of shade
- Wear sunglasses

Beware of dangerous sea creatures

The beautiful coral reefs are home to many types of animal, and some of them are poisonous.

Learn how to avoid injury from these dangerous creatures. They won't hurt you if you avoid touching or provoking them unnecessarily.



Jellyfish net

Swim inside the jellyfish net.

※The jellyfish net may not prevent all jellyfish from getting through.

Box jellyfish

This jellyfish occurs from May to October.

It can be found in water as shallow as 50 cm. Its sting is very painful and can cause shock.



First aid for box jellyfish stings

① If you're stung, get out of the sea right away. Do NOT rub the affected area.

② Pour plenty of vinegar on the affected area.

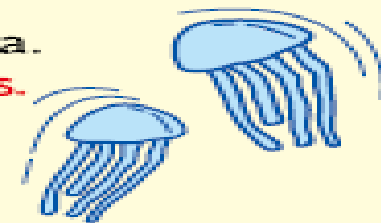
※ Vinegar is only effective for box jellyfish stings.

Do not use it for other jellyfish stings.

③ Gently remove the tentacles by hand.

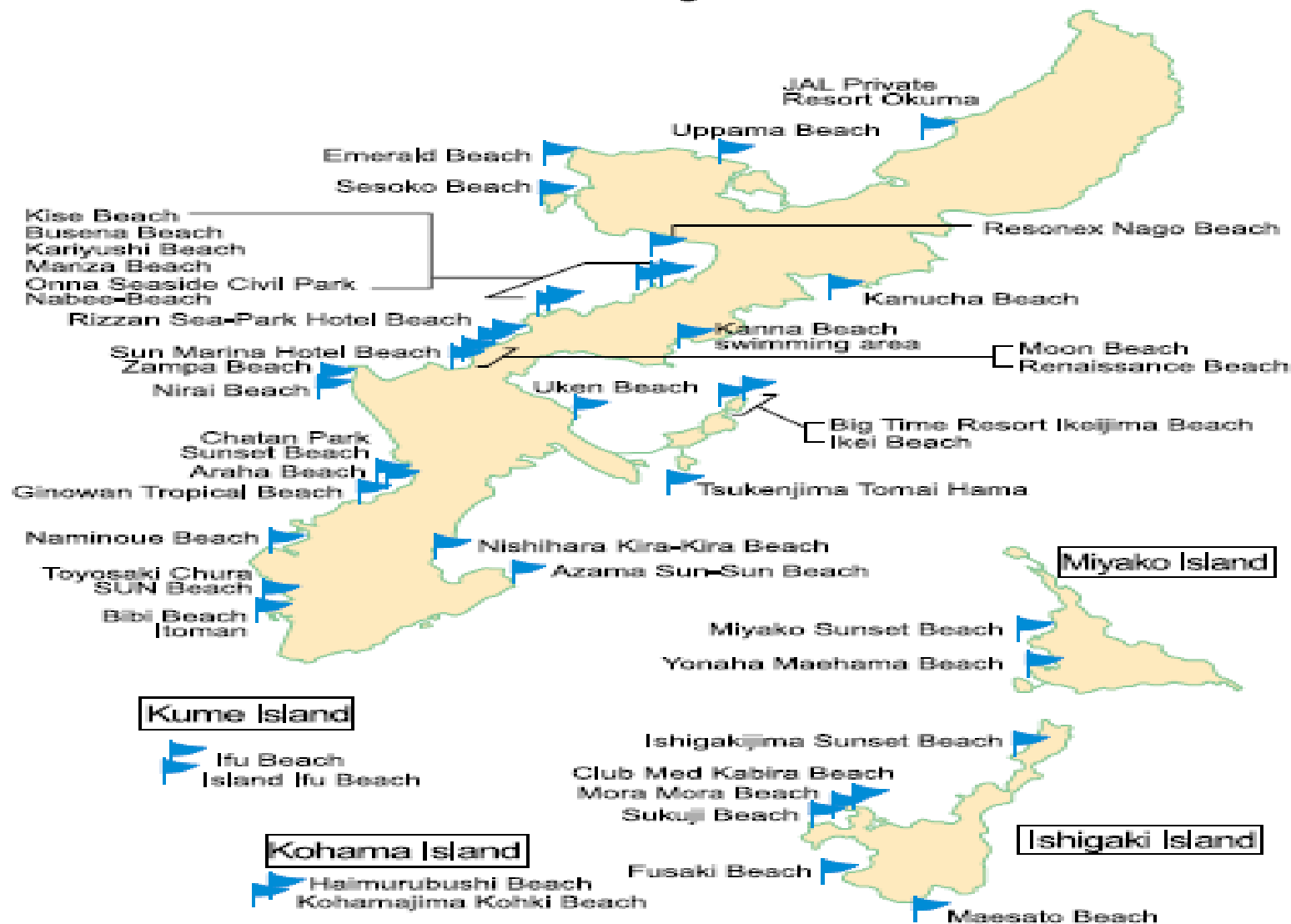
④ If it hurts, apply ice or cold water.

※ If the victim stops breathing, perform artificial respiration and heart massage immediately.



Beaches with jellyfish nets

As of May 2010



Other dangerous creatures of the sea

If you get injured, apply first aid and go to hospital. Don't judge your condition yourself.



Crown-of-thorns starfish



Sea urchin



Stonefish

First Aid

Remove any large, visible spines, and bathe in 40 to 45°C water. You can also put hot water in a plastic bag and apply it to the affected area. Be careful not to burn yourself.



Striped catfish eel



Lionfish

First Aid

Avoid rubbing the affected area. Wash off any stingers with seawater, then apply ice or cold water. DO NOT use vinegar. It may cause the stingers to trigger more.



Sea anemone (Phyllodiscus semoni)



Sea anemone (ActinERIA villosa)

First Aid

Squeeze out the poison and rush the victim to hospital.



Blue-banded sea snake



Geography Cone

Blue-ringed octopus

First Aid

Don't suck out the poison. Squeeze it out and rush the victim to hospital.



Flower urchin

First Aid

Remove any large, visible spines, and bathe in 40 to 45°C water. You can also put hot water in a plastic bag and apply it to the affected area. Be careful not to burn yourself.



Portuguese Man O' War

First Aid

Wash off the tentacles with seawater and apply ice or cold water. DO NOT use vinegar.

Beware of Habu

Identification

The head of snakes in the habu family is covered in many small scales, while other kinds of snakes have larger scales. The pattern on the body of the habu looks like the picture below.



Habu patterning

Hime habu
Black blotches
on a gray or
brown
background



Habu facts

More active from April to November, it doesn't hibernate and is active most of the year. It is nocturnal and during the daytime it hides in walls, caves and thickets. It eats mainly mice. It is good at climbing trees and swimming. It doesn't jump.

Habu

Black mesh pattern
on a yellow or white background.
Eats mice so is often found near houses



Sakishima habu

Black zigzag pattern
on a brown background

What to do if you get bitten First Aid

① Keep calm and check if it was a habu.

Even if you can't identify the type of snake, the habu leaves two fang marks. It may leave from one two four bite marks. Within five minutes, the bitten area swells and becomes very painful.



② If you think it's a habu bite, call loudly for help and ask to be taken to hospital.

If you run, the poison circulates faster, so go to hospital by car. If you must walk, go slowly.



④ If it will take time to get to hospital, loosely bind the affected part leaving enough space to insert a finger.

Bind it so as to reduce the flow of blood from the bitten part to parts nearer the heart. Binding it tightly may stop the flow of blood and cause adverse effects. Loosen the binding once every fifteen minutes.



③ Suck the blood and poison out of the wound.

If you have a scratch in your mouth, the poison may cause slight inflammation. Even if you swallow the poison, it's broken down in the stomach and causes no harm.



If you're bitten, be sure to go to hospital to receive serum (habu antivenom).

[Inquiries about habu]

- Pharmaceutical Affairs and Sanitation Division, Health and Welfare Department, Okinawa Pref. TEL. 098-866-2215
- Department of Biological Sciences, Institute of Health and Environment (Bioecology) 098-946-6710

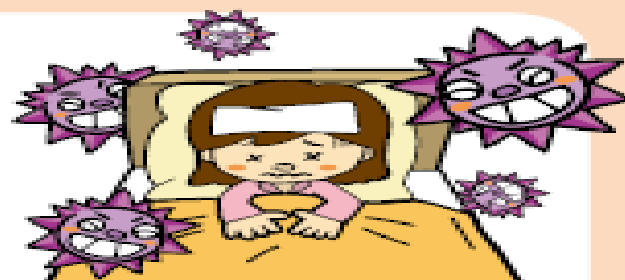
*Inquiries in Japanese only



Preventing Infectious Disease

Infectious diseases particular to Okinawa Prefecture

- Cases of leptospirosis have been reported. In the summer there are many opportunities to play in rivers, but it can occasionally result in *Leptospira* infection through the skin. If you have a sudden fever, headache, and aching muscles 5 to 14 days after going in a river, consult a doctor.



Beware of influenza

- In Okinawa, influenza spreads in the summer too. Wash your hands and gargle frequently.



Prevent secondary infection

An infected person can infect those around them.

- Fever, coughing, sneezing, vomiting, diarrhea etc.
- Consult a doctor promptly.

Block the transmission routes

- Recommend a mask to a person with a cough.
- Take care when cleaning up diarrhea or vomit.
- Norovirus gastroenteritis spreads through secondary infection.



Obtain information about the spread of infectious diseases.

- Okinawa Prefecture Medical Affairs Division TEL 098-866-2169

★ Consult the nearest public health center ★

- Hokubu public health centers --- TEL 0980-52-5219
(Hokubu, Iheya, Izena regions)
- Chubu public health centers (Chubu region) --- TEL 098-938-9701
- Central public health centers --- TEL 098-854-1005
(Naha, outlying islands, Minami and Kita Daitojima regions)
- Nambu public health centers (Nambu region) --- TEL 098-889-6591
- Miyako public health centers (Miyako region) --- TEL 09807-2-2420
- Yaeyama public health centers (Yaeyama region) --- TEL 0980-82-3240

*Inquiries in Japanese only

Avoid infectious diseases to enjoy your stay in Okinawa



Disaster Response

What to do in an Earthquake



In accommodation

Check the evacuation route, wait for the earthquake to subside, and follow the directions of staff.

When driving

Don't brake suddenly. Stop the car slowly on the shoulder and wait for the earthquake to subside.

Outdoors (in town)

Get away from concrete block walls, cliffs, rivers, and narrow alleyways.

Beware of the tsunami

A tsunami may follow, so evacuate coastal areas for high ground or a tall, sturdy building.



If you hear the

Tsunami alarm

Shout to warn people swimming at the beach, and quickly get away from the sea.

Don't go near the sea, and evacuate to high ground or a tall, sturdy building.



What to do in a Typhoon



There is a danger of being hit by flying objects or being blown over, so avoid going out and remain in your accommodation.

Even when the wind and rain subside, check the weather information carefully before going out.

Buses, planes and other transportation may be affected, so check that services are running first.

See the following for disaster information

■ Japan Meteorological Agency
<http://www.jma.go.jp/jma/indexe.html>

SAFETY FOR TYPHOONS

Before a Typhoon:

- Have an emergency kit ready!
- Cover up the outside of windows if possible.
- Place your freezer on the coldest setting. In preparation for power outages.
- Bring in any loose items. To include potted plants, grills, furniture, and kid's toys. If it cannot be brought inside tie it down.
- Find a (safe) room inside your house that is centralized, away from windows, and on the lowest level. A hallway, closet, or storage room could potentially work as well. The key is to be shielded! (NOTE: Lower levels in a potential flood zone are not recommended.)
- Fill your bathtub with water. In case of plumbing and sanitation failure you can use this water to flush your toilets or bath.

SAFETY FOR TYPHOONS

During a Typhoon:

- o Stay indoors! Debris being thrown by the storm is the main hazard. Winds reaching typhoon speeds can easily take you off your feet causing injury. Power lines may be down.
- o Stay in your “safe” room. If your windows begin to leak, have towels handy to clean up any spills.
- o If windows are damaged find a sturdy piece of furniture or a solid location to shield you from the storm and any debris.
- o Stay tuned to AFN radio stations WAVE 89.1 FM, SURF 648 AM, or TCCOR Bug on television or check out [Facebook.com/Wave89](https://www.facebook.com/Wave89), www.AFNOKinawa.com , www.Kadena.af.mil, www.facebook.com/KadenaAirBase, or www.kadenaforcesupport.com/weather for updates on the storms movements and changes to TCCOR conditions.

After a Typhoon:

- o Be aware that there may be glass, debris, power lines, fires and potentially harmful things displaced from the typhoon. When you leave your safe area use extreme caution.

That's a Natural Monument!

Besides the animals below, Okinawa Prefecture is home to 45 species designated as natural monuments by the nation, and 52 designated by the Prefecture.

① Some of the nationally designated animals

Okinawa woodpecker (special), Iriomote wildcat (special), crested serpent eagle (special), Ryukyu robin, terrestrial hermit crab, Japanese wood pigeon, Ryukyu rat, Okinawa spiny rat, yellow-margined box turtle, emerald dove, Ryukyu leaf turtle, Okinawa rail, Yanbaru long-armed scarab beetle, black sika deer



Crested serpent eagle

② Some of the prefecturally designated animals

Great nawab, orange oakleaf, Asahina's skipper, Atlas moth, Kumejima firefly, Kikuzato's brook snake, Anderson's crocodile newt, Okinawan ground gecko, Holst's frog, Namiye's frog, Ishikawa's frog



Okinawa rail

Protect natural monuments (don't touch them or take them home)

The handling of natural monuments is determined by national and prefectural laws, and fines may be incurred for noncompliance. If you find a natural monument, don't try to catch it. Just observe it quietly.

Natural monuments that you might mistakenly take home

- ① Terrestrial hermit crabs
- ② Yellow-margined box turtle
- ③ Ryukyu leaf turtle

*All are nationally designated monuments



- *All of the terrestrial hermit crabs found on Okinawa are natural monuments.
- *Certain businesses are licensed to sell terrestrial hermit crabs. You may take home crabs purchased from licensed sellers, but when you buy crabs, check that the seller is actually licensed.

Protect the Okinawa rail and Iriomote wildcat from traffic accidents

These creatures are
getting hurt
and killed

On the northern part of
the main island and
on Iriomote Island,
drive slowly and enjoy the views.



A healthy Iriomote wildcat



Okinawa rails crossing the road

You can avoid harming the Okinawa rail,
Iriomote wildcat and other animals by driving more slowly.



The Okinawa rail, Iriomote wildcat and other rare animals are getting hurt in traffic accidents. Visitors to Okinawa should drive slowly enough to stop for wildlife on the roads. If you do accidentally hit an animal with your car, it will not be treated as a crime. Please report the incident so that the animal can be cared for.

Contact

Okinawa rail and Ryukyu rat

- Ministry of the Environment Yambaru Wildlife Conservation Center TEL 0980-50-1025
- Mobile TEL 090-6862-9170

Iriomote wildcat and crested serpent eagle

- Iriomote Wildlife Center TEL 0980-85-5581

Crested serpent eagle

- Ishigaki Nature Conservation Office .. TEL 0980-82-4768

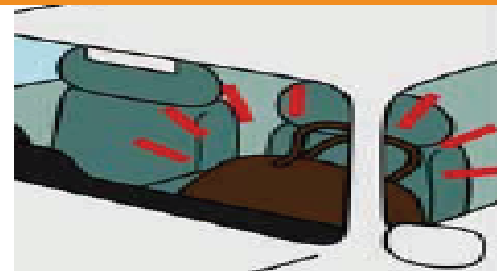
A prompt call can help save a precious life.

***Inquiries in Japanese only**

Car Safety

Don't become a victim

- ✓ Take out the key and lock the doors, even for short stops
- ✓ Don't leave bags, coats and other valuables in your car
- ✓ Use well-managed car parking

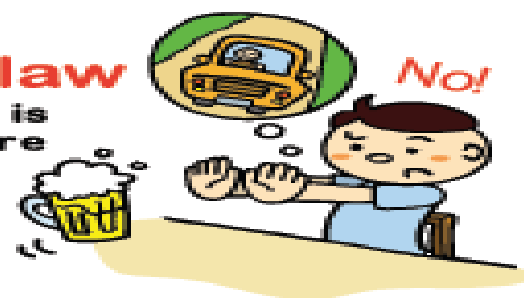


Drinking and Driving is forbidden by law

In Okinawa Prefecture, drinking and driving is forbidden by law. Visitors to Okinawa are asked not to drink and drive.

Stop Drunk Driving

- ① If you're going to drive, don't drink alcohol.
- ② If you're going to drink alcohol, don't drive.
- ③ Don't offer alcohol to someone who is going to drive.
- ④ When someone has drunk alcohol, don't let them drive.



Why don't you come with me?



Beware of touts

- ◎ Directly accosting specific persons to solicit them as customers or employees of adult entertainment businesses is prohibited.

We ask for the cooperation of residents and visitors in ensuring that patrons of entertainment districts can enjoy their visit, free of harassment by touts.



Churasan Campaign

Building a welcoming community

The residents of Okinawa Prefecture are working together to build a safe and welcoming community for residents and visitors alike.

Contacts for Emergencies and Unexpected Incidents

**In some locations, only inquiries in Japanese can be handled.
When making an inquiry, please get help from somebody who speaks Japanese.**

Accidents and unexpected incidents

● Local police stations	☎110
● Ambulance	☎119
● Maritime accidents	☎118
● Okinawa Police Headquarters	☎098-862-0110
● 11th Regional Coast Guard Headquarters	☎098-867-0118



Contacts for Transport Information and Typhoon Information

● Okinawa City Monorail	☎098-859-2630
● Japan Road Traffic Information Center	☎050-3369-6647
● Naha Airport Building	☎098-840-1151
● Weather and typhoon information (Okinawa Meteorological Observatory Weather Center)	☎098-833-4290
● Inquiries about air service availability etc.	
JAL, JTA, RAC	☎098-863-8522
ANA	☎098-861-8800
SKY	☎050-3116-7370
● Okinawa Bus	☎098-861-0385
● Ryuku Bus	☎098-863-2821
● Naha Bus	☎098-882-7249
● Toyo Bus	☎098-867-2313
● Okinawa Taxi Hire Association	☎098-855-1344
● Okinawa Prefectural Hotel and Ryokan Environmental Health Association	☎098-861-4166
● Okinawa Prefecture Rent-a-Car Association	☎098-859-3825

Other Tourist Information

● Naha Airport Arrival Lobby	
OCVB Naha Airport Tourist Information Desk	☎098-857-6884
Okinawa Barrier Free Tour Center	☎098-858-7760
● Okinawa Convention & Visitors Bureau (OCVB)	☎098-859-6123
● Okinawa Prefecture Tourism Promotion Division	☎098-866-2764

Contacts for emergency illness or injury

**In some locations, only inquiries in Japanese can be handled.
When making an inquiry, please get help from somebody who speaks Japanese.**

●Northern Region

Okinawa Hokubu Hospital ☎0980-52-2719

Northern Region Northern Okinawa Medical Center ☎0980-54-1111

●Central Region

Okinawa Chubu Hospital ☎098-973-4111

Heart Life Hospital ☎098-895-3255

Chubu Tokushukai Hospital ☎098-937-1110

Nakagami Hospital ☎098-939-1300

Ginowan Kinen Hospital ☎098-893-2101

●Naha, Urasoe, Southern Region and Kumejima

Hospital, University of the Ryukyus ☎098-895-3331

Urasoe General Hospital ☎098-878-0231

Makiminato Central Hospital ☎098-877-0575

Minei Daiichi Hospital ☎098-877-5806

Prefectural Nanbu Medical Center and Children's Medical Center ☎098-888-0123

Naha City Hospital ☎098-884-5111

Ohama Daiichi Hospital ☎098-866-5171

Okinawa Kyodo Hospital ☎098-853-1200

Okinawa Red Cross Hospital ☎098-853-3134

Tomishiro Chuo Hospital ☎098-850-3811

Nanbu Hospital ☎098-994-0501

Nishizaki Hospital ☎098-992-0055

Okinawa Daiichi Hospital ☎098-888-1151

Nanbu Tokushukai Hospital ☎098-998-3221

Yonahara Central Hospital ☎098-945-8101

Kumejima Public Hospital ☎098-985-5555

●Miyako Region

Okinawa Miyako Hospital ☎0980-72-3151

Miyakojima Tokushukai Hospital ☎0980-73-1100

●Yaeyama District

Okinawa Prefectural Yaeyama Hospital ☎0980-83-2525

Ishigakijima Tokushukai Hospital ☎0980-88-0123